THE Art and Secrets OF Chinese Cookery

LA CHOY
CHINESE SEAL OF PERFECTION

The Charm of Chinese Cooking

Many people have learned the delights of real Chinese delicacies. They have even gone to out-of-the-way places to enjoy the delicious variety of Chinese dishes. There is real lure about them—tasty—unusual.

Yet countless others have never sampled the wonders of a Chinese kitchen. Many feel they must limit themselves to occasional trips to Chinatown or Chinese-American Restaurants. Very few families enjoy Chinese cooking as often as they would like.

Have It At Home

Now you can blend these tempting foods in your own kitchen. It's simple . . . economical. And the varied dishes that you can serve so easily will rival the art of a practiced Chinese chef.

All the natural ingredients are ready. Your grocer has them in convenient tins. Real Chinese vegetables—packed in this country by Americans, with the most modern, sanitary methods.

LaChoy Food Products are brought from China and packed, in a spick-and-span factory with every up-to-date appliance under federal, state and municipal supervision. Good Housekeeping Institute has granted its approval to all LaChoy Products.

Simple to Serve, and Thrifty

Real Chinese vegetables offer tempting variety for your menus. Chop Suey, Chow Mein and the score of other recipes add zest and relish to left-over meats. A little veal, pork, steak, chicken or turkey can become the foundation of a delicious Chinese dinner.

Tempting new salads . . . unusual goodness in vegetable dishes . . . tasty soups, sauces and gravies—LaChoy Products bring all these to your kitchen.

Delicious and Healthful

In addition to being a welcome variety in menus, LaChoy vegetables are wholesome. They are not fattening. Yet essential vitamins are present in health-giving quantities. LaChoy Sprouts—the most-used vegetable of all—are particularly rich in Vitamin C. They provide (cooked) almost as much of this precious vitamin as orange or tomato juice.

The authentic Chinese recipes in this book combine wholesome ingredients into tasty dishes. They are satisfying—yet not so heavy and hard to digest as many hearty meals . . . sensible summer and winter.

Keep LaChoy Products always on hand. Serve them often. They are inexpensive. And they help so much to solve everyday menu problems.

LaChoy Sprouts are grown in this country from a highly nutritious bean imported from China. They are the basic ingredient of the most popular varieties of Chop Suey, Chow Mein and other Chinese delicacies. Delicate in flavor and extremely attractive in texture, Sprouts are among the most highly favored of the products distributed under the protected name "LaChoy." They contribute a tasty element to any fruit, vegetable or meat salad. When used as a garnish, or in soups, or as onions and mushrooms are employed in frying meats, they are unexcelled.

FINE CUT CHOP SUEY

MATERIALS FOR FOUR MEDIUM PORTIONS

3 tablespoons vegetable or animal fat
½ teaspoon salt
½ cup water
½ cup of fine-cut onions (if desired)
1 cup of diced raw pork, veal, fowl or sea food
1½ cups of celery, cut into small pieces
1 can LaChoy Sprouts, drained

Thickening

3 level tablespoons corn starch
⅛ teaspoon pepper
1 teaspoon LaChoy Brown Sauce or sugar
2 tablespoons LaChoy Soy Sauce when using Brown Sauce. When sugar is used instead of Brown Sauce, use 3 tablespoons of Soy Sauce.

METHOD OF COOKING

1. Heat fat in covered saucepan or skillet over brisk fire; add salt, meat and onions, stir constantly and cook rapidly until meat is well seared. (Four minutes.)
2. Add celery and water. Cover and boil until celery is done. (Four minutes.)
3. Place thickening ingredients in bowl and mix well.
4. Add LaChoy Sprouts, drained, to contents of skillet; mix while heating thoroughly. Take two tablespoons of liquid from cooking mixture and stir into thickening until smooth. Add to Chop Suey, stirring constantly to prevent burning. Remove from fire; serve piping hot.

The correct methods of serving Chop Suey and Chow Mein are outlined on page six of this booklet.

LaChoy Vegetables are a combination of sprouts, water chestnuts, bamboo shoots, mushrooms and sweet peppers, proportioned and sliced correctly for making the most elaborate of the Chinese dishes most favored by guests of famous restaurants—Sub Kum Chop Suey or Chow Mein. The words "Sub Kum" mean ten different things and are used only when Chinese delicacies consist of ten or more ingredients.

Sub Kum Chop Suey or Chow Mein

MATERIALS FOR FOUR MEDIUM PORTIONS

- 3 tablespoons vegetable or animal fat
- ½ teaspoon salt
- ½ cup water
- ½ cup of fine-cut onions (if desired)
- 1 cup of diced raw pork, veal, fowl or sea food
- 1½ cups of celery, cut into small pieces
- 1 can LaChoy Vegetables, drained

Thickening

- 3 level tablespoons corn starch
- ⅛ teaspoon pepper
- 1 teaspoon LaChoy Brown Sauce or sugar
- 2 tablespoons LaChoy Soy Sauce when using Brown Sauce. When sugar is used instead of Brown Sauce, use 3 tablespoons of Soy Sauce.

METHOD OF COOKING

1. Heat fat in covered saucepan or skillet over brisk fire; add salt, meat and onions, stir constantly and cook rapidly until meat is well seared. (Four minutes.)
2. Add celery and water. Cover and boil until celery is done. (Four minutes.)
3. Place thickening ingredients in bowl and mix well.
4. Add LaChoy Vegetables, drained, to contents of skillet; mix while heating thoroughly. Take two tablespoons of liquid from cooking mixture and stir into thickening until smooth. Add to Chop Suey, stirring constantly to prevent burning. Remove from fire; serve piping hot.

The correct methods of serving Chop Suey and Chow Mein are outlined on page six of this booklet.

Method of Serving Chop Suey or Chow Mein

To serve Chop Suey, use LaChoy Cooked Rice or your own rice, which should be steamed until light and fluffy. To serve Chow Mein, heat LaChoy Chow Mein Noodles as directed on label. Mold on a platter or individual plates and cover with the Chop Suey.

Individual dishes may be garnished with lettuce and decorated with shredded green onions, sliced cold boiled egg or slender strips of fried beaten egg, and whole or chopped nuts. Season to taste with LaChoy Soy Sauce.

Meatless or Sea Food Chop Suey or Chow Mein

When a vegetable Chop Suey or Chow Mein is desired, simply use LaChoy Sprouts or LaChoy Vegetables and add 3 cups of button or sliced mushrooms, 4 cups of ripe tomatoes cut into small segments and 6 tablespoons of butter instead of meat or sea food.

A delicious Chop Suey or Chow Mein for fast days or the Lenten season may be prepared by substituting sea food for meat. For dishes embodying the most tempting aroma, appearance and taste, the use of shrimp, lobster, crabmeat or tuna fish is recommended.

Mushroom or Green Pepper Chop Suey or Chow Mein

To make Mushroom Chop Suey or Chow Mein when using LaChoy Sprouts, simply add 1 cup of button or diced mushrooms, ¼ cup of sliced red peppers or pimientos and prepare according to the recipe for fine-cut Chop Suey or Chow Mein.

To make Green Pepper Chop Suey or Chow Mein when using LaChoy Sprouts, simply add 1 cup or more of sliced green peppers and ½ cup of button or diced mushrooms and prepare according to the recipe for fine cut Chop Suey or Chow Mein.

Planked Steak with Sprouts

Steak cut 1½ to 2 inches thick. Sear quickly on both sides in broiler or frying pan. Remove to hot steak plank and cook in oven until done. Garnish with mashed potatoes, peas, carrots and 2 cups LaChoy Sprouts. Serve with LaChoy Soy Sauce.

Scalloped Sprouts with Potatoes in Casserole

Slice 3 raw potatoes and mix with 1 can LaChoy Sprouts. Add 1 teaspoonful LaChoy Soy Sauce. Put in baking dish and add 1 cup milk slightly thickened. Cover with 4 strips of bacon or slice of ham. Bake in moderate oven.

Sprouts Au Gratin

3 Potatoes sliced

1 Chopped onion

1 Chopped green pepper

1 Can LaChoy Sprouts

Put all ingredients in baking dish, season with LaChoy Soy Sauce and add 1 cup milk, slightly thickened. Cover with ¼ lb. grated cheese and bake in moderate oven.

Sprouts Au Jus

¼ lb. beefsteak cut in ½-inch squares.

Cook thoroughly in 2 cups water.

Season with 1 tablespoonful LaChoy Soy Sauce and boil again 5 minutes.

Heat 2 cups LaChoy Sprouts, drain, arrange on platter and cover with meat juice.

LaChoy Sprouts with Bacon

Chop ¼ lb. bacon and fry until done. Remove from fire and add teaspoonful vinegar. Pour this over 3 cups of LaChoy Sprouts, heated and drained ready for serving.

Sprouts Omelet

Add 1 cup LaChoy Sprouts, drained, to 2 beaten eggs. Pour half into small buttered frying pan. Sprinkle with finely chopped bacon or ham. Add remainder of egg mixture. Cook as plain omelet.

Brewed and aged by slow and painstaking processes according to the age-old Chinese recipe, this savory sauce is imported for you, and is now obtainable at your grocer's in sterilized and hermetically sealed bottles.

LaChoy Chinese Soy Sauce is the essential seasoning and blending ingredient of nearly every type of genuine Chinese foods. Being wholesome and pure, as well as highly palatable and nutritious, it is indeed a culinary need in every household. LaChoy Soy Sauce will add a piquant flavor to all soups, gravies, hashes and stews, and is a delightful condiment for use on steaks, chops, roasts and sea food. All salads are made more tasty by the addition of a few drops of this sauce to whatever dressing is used.

Egg Foo Yong

(One Dozen)

10 eggs
1 cup shredded onion
2 cups LaChoy Sprouts
1 cup finely cut roasted or boiled cold meat of any kind, or shrimp, lobster, crabmeat or tuna fish

Drain all juice off the Sprouts (this is very important). Mix thoroughly with meat and onion. Beat the eggs slightly and add to the mixture. Divide into equal parts by using a soup ladle of three-quarters cup capacity. Pour gradually into a frying pan containing one-half inch of very hot fat. When one side is browned, turn over and brown the other.

GRAVY: Thicken the quantity needed of good soup stock with corn starch and brown with LaChoy Brown or Soy Sauce. Add salt and pepper to suit your taste. Serve hot over Egg Foo Yong.

This product is made from a selected grade of eggs and flour specially blended according to the approved Chinese recipe. Cooked in a purely vegetable oil, they are vacuum packed to insure an enduring freshness and delicacy of flavor.

LaChoy Chow Mein Noodles are golden brown in color, crisp and crunchy, with nutlike flavor. They are, of course, necessary in preparing genuine Chow Mein. Eaten like potato chips, served in place of toast with chicken a la king, used in soups, or as a fine confection for the children and a delightful addition to light lunches and picnic baskets, LaChoy Chow Mein Noodles are unexcelled.

Chow Mein

For Four Persons

Chow Mein is one of the most popular and yet easy to make of all Chinese dishes. Prepare Chop Suey according to recipe on page four.

To serve Chow Mein, use a can of LaChoy Chow Mein Noodles. Empty into pan and warm slightly. (*Care should be taken not to overheat, as overheating will damage the noodles.*) Mold on a platter or individual plates and cover with the Chop Suey.

Individual dishes may be garnished with lettuce and decorated with shredded green onions, sliced cold boiled egg or slender strips of fried beaten egg, and whole or chopped nuts. Season to taste with LaChoy Soy Sauce.

Combination Salad

1 Cup LaChoy Sprouts
½ Cup chopped celery
Mix these together

4 Radishes, sliced
1 Cucumber, sliced
½ Green pepper sliced in rings

Sliced vegetables should be laid in alternate layers. Serve with French dressing or mayonnaise, flavored with LaChoy Soy Sauce.

Stewed Sprouts with Tomatoes

2 cups LaChoy Sprouts. 2 tomatoes or ½ can tomatoes. Bring to boiling point with 2 tablespoonfuls LaChoy Soy Sauce. Add 1 slice dried bread cut into squares. Either LaChoy Water Chestnuts or Bamboo Shoots, diced, may be included with pleasing results.

Simple Vegetable Dish

Drain can of LaChoy Sprouts and fry 4 minutes in butter. Serve with LaChoy Soy Sauce.

Water Chestnut Souffle

Mix the yolks of 5 eggs, butter the size of an egg, 1 cup of milk, salt and pepper. Add 1 can of Water Chestnuts, diced, and the well-beaten whites of the eggs. Bake in a hot oven 20 minutes.

Braised Meat

Pound a thick steak as full of flour as possible. Fry in skillet until brown. Pour over this steak ¼ cup of catsup or tomato sauce, two tablespoonfuls of LaChoy Soy Sauce, no salt, and let it simmer on top of the stove or in the oven for half an hour, adding a little water when necessary.

Chinese Brown Gravy

2 Tablespoonfuls LaChoy Soy Sauce
1 Teaspoonful LaChoy Brown Sauce
1 Teaspoonful corn starch

Mix until smooth and stir into boiling juice of roast or ½ cup soup stock. A rich, brown, and highly palatable gravy is the result, especially desirable with Egg Foo Yong.

"Au Jus" Gravy from Roasts

In roasting hams, beef, chicken, etc., baste with two tablespoonfuls of LaChoy Soy Sauce to two cups of water. This will give you a delicious "au jus" gravy which you can serve with mashed potatoes.

Yet-Ca-Mein

For Three Persons

Boil 5 oz. fine noodles or vermicelli in quart of rich chicken, beef or other broth, for 4 minutes. Divide the noodles and the broth into serving bowls, garnish with halves of hard boiled eggs, sliced cold roast pork or chicken, and sprinkle with chopped parsley or green onions. Serve with LaChoy Soy Sauce.

Chow Eggs

½ Cup of any cooked meat, minced
¼ Cup canned or fresh mushrooms, minced
½ Cup LaChoy Water Chestnuts, minced
½ Cup LaChoy Bamboo Shoots, minced

Add 6 eggs beaten thoroughly, and mix together.

Scramble in a greased skillet, garnish with chopped parsley and serve with LaChoy Soy Sauce as a condiment. This dish is also known as Eggs Canton style.

Fish

To add zest to baked or fried fish, whether rolled in flour or not, add a few drops of LaChoy Soy Sauce while cooking. Take a bottle on your camping trip.

Broth or Soup

1 teaspoonful LaChoy Brown Sauce will impart an appetizing color to about one gallon of broth or soup.

Stews

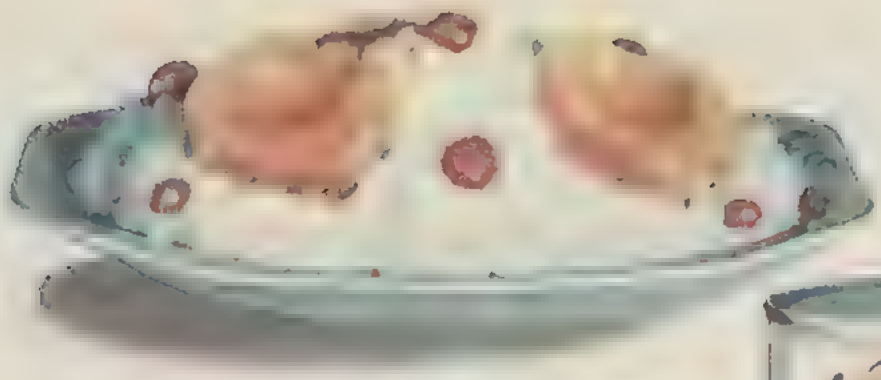
In making stews of any kind, LaChoy Sprouts will be found a highly desirable addition. Season stews with LaChoy Soy Sauce while cooking, instead of adding salt. Appearance and flavor will be improved.

Creamed Sprouts

Thicken slightly 2 cups of milk with flour. Salt to taste. Add 2 cups of LaChoy Sprouts. Cook 3 minutes and serve.

Creole Sauce

This popular sauce is made of vegetables such as celery, LaChoy Sprouts, tomatoes, peas, green peppers and carrots, chopped and mixed together and stewed about two hours. It is seasoned with pepper and LaChoy Soy Sauce.



Whole grained rice of choice quality is thoroughly cleaned, steam cooked and vacuum packed in cans of convenient size. Prepared according to our own recently developed cooking process, this ready-to serve product is now offered by LaChoy, exclusively.

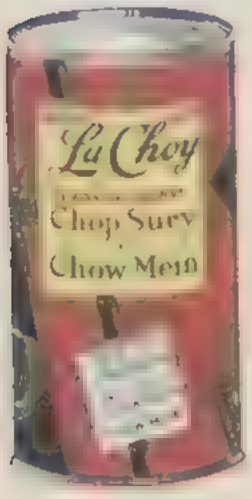
LaChoy Cooked Rice is good as a cereal or for dessert. Try it, hot or cold, just as it comes from the can. Serve with cream and sugar. Fruit sauce, fresh fruit, nutmeg or cinnamon may be added, if desired.

For Delicious Pudding or Custard. Simply combine the desired quantity of rice and milk. Heat to boiling point. Add thoroughly beaten yolks of eggs. Let simmer for a few minutes. Beat whites of eggs thoroughly, and fold in. Remove from fire and let cool.

For Tutti Frutti or Custard. Place peaches, pears, bananas, raisins, figs or apple sauce in the bottom of individual dishes and cover with rice prepared as above.

For Tasty Rice Soup. Simply add LaChoy Cooked Rice to veal or chicken broth. It is a desirable addition to all kinds of soup.

LaChoy Cooked Rice is excellent in preparing appetizing entrees from left-over meats. Also it is widely used in stuffing peppers, cabbage, squash or onions, in cheese or meat loaves; in croquettes, omelets, stews, hashes, salads, muffins, and all other dishes in which rice is ordinarily employed.



LaChoy Prepared Chop Suey is a delightful combination of several wholesome foods. The ingredients include juicy morsels of tender meat, fresh celery, crisp LaChoy Water Chestnuts, succulent LaChoy Bamboo Shoots, diced mushrooms, sliced onions, strips of red pimientos, and green peppers. It is artfully blended and seasoned with chicken broth and imported LaChoy Soy and Brown Sauces

An exclusive cooking process is employed to preserve not only the original flavor and color, but also the full food value of each of the several desirable ingredients.

This imported product is an extract of the nourishing and tasty Chinese soy bean with brown sugar and molasses added. It is a vegetable product and may be freely used for coloring without impairing the flavor of other ingredients.

LaChoy Brown Sauce is now frequently employed by chefs and housewives to color and flavor not only many strictly Chinese dishes, but also all kinds of soups, stews, hashes and gravies. In addition to being a coloring material, it serves as a slight sweetening and is often used in baking beans, ginger snaps and dark breads. It imparts a final touch of goodness to many dishes and the skillful cook will find many ways to use it to transform ordinary foods into delightfully different delicacies.

Fried Rice

(*Two Portions*)

¼ lb. roasted or fried ham or bacon. Lobster or shrimp may be substituted for meat.

1 can LaChoy Cooked Rice or one cup of your own cooked rice.

1 tablespoon chopped onion.

2 tablespoons LaChoy Soy Sauce.

1 egg.

⅛ teaspoon pepper.

½ teaspoon salt.

Cut meat into small pieces. Fry ham or bacon until brown. It is not necessary to heat or fry cold roasted meat, lobster or shrimp.

Fry egg slightly on both sides in a very hot, well greased skillet. Add rice, onions, pepper, salt, meat or sea food, and mix thoroughly while cooking about three minutes. Remove from fire, add LaChoy Soy Sauce and stir a few times. Serve while hot.

Bamboo Shoots

LaChoy Bamboo Shoots are imported from those sections of China in which climate and soil are favorable to the cultivation of the most desirable variety. LaChoy's importations are selected from the choicest young shoots, whose texture is similar to asparagus. They are among the most important and relished foods employed in Chinese cookery. Originally used in this country in preparing fancy Chop Suey, Chow Mein and numerous other fine Chinese dishes, they are now often combined with sea food, meat and domestic vegetables in a variety of appetite-tempting salads and entrees.

Kumquats

LaChoy Kumquats are the pick of a tiny luscious Chinese fruit, related to the orange, and are among the most delicious of our imported Chinese food products. Though often eaten raw, LaChoy Kumquats are preserved in syrup. Their delicate tang and elusive flavor have won them a definite place on the menu in many households. Served as a dessert with or in ice creams and cakes, they are a pleasant change from the ordinary. When used in salads with other fruit and vegetables, they strike that so desirable note of the unusual and piquant. Once you have experimented with this delicacy you will no doubt find many different uses for it.

Water Chestnuts

LaChoy Water Chestnuts are grown in and directly imported from China. They are the very palatable nut-like corms, or solid bulbs, of an aquatic vegetable cultivated widely in Asia. Their texture and delicate flavor faintly resemble the American chestnut, hence their name, but they are crisp rather than mealy even after cooking and have a slight suggestion of sweetness.

Water Chestnuts are an essential ingredient of numerous fine dishes especially Chop Suey, Chow Mein and Egg Foo Yong. They will commend themselves to American housewives for use in various ways, as, for instance, sliced in fruit or vegetable salads, or in stuffed squash; as a creamed vegetable; minced in fish balls, omelets, croquettes and similar foods, or prepared in the same way one fancies asparagus or artichokes. They are even used as an after dinner delicacy, like nut meats.

Waldorf Salad

Mix equal quantities finely cut apple, celery, and LaChoy Sprouts. Mix thoroughly with mayonnaise dressing. Garnish with strips of pimientos, minced LaChoy Kumquats, Maraschino cherries, and nut meats.

Pineapple Salad

Boil 3 cups LaChoy Sprouts in pineapple juice. Cover with mayonnaise dressing, lightly flavored with LaChoy Soy Sauce. Sprinkle with chopped nut meats and garnish with LaChoy Kumquats.

Chinese Consomme

To 4 cups of strong clear soup stock add 2 tablespoonfuls LaChoy Soy Sauce. Dice ½ cup LaChoy Bamboo Shoots and Water Chestnuts and add. Boil 5 minutes and serve hot.

Warmein

For Three Persons

Boil 5 oz. dry fine noodles or vermicelli in water for 4 minutes. Drain and divide into serving bowls. Make Chop Suey as directed in this booklet, and spread over the boiled noodles. Garnish same as Chow Mein, and serve with LaChoy Soy Sauce.

Perhaps, in using LaChoy products, you may originate other unusual departures from ordinary cookery, which will be a never-ending delight to you and your family. Suggestions based on your own experience with LaChoy products will be welcomed.

In China since antiquity the above seal—which appears on LaChoy labels—has not only signified absolute perfection, but it has also been recognized for countless hundreds of years as a symbol of prosperity and good fortune. A handsome metal replica of this age old talisman of good luck will be mailed to you if you will send your name and address written on the back of a LaChoy label to

LA CHOY FOOD PRODUCTS, INCORPORATED
4461 WEST JEFFERSON
DETROIT, MICHIGAN

COPYRIGHTED 1932

PRINTED IN U. S. A.